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Feeling Blue?

It is normal to feel a little down after the holidays. Once all the decorating, gift giving and receiving, family gathering and merrymaking are over, a letdown may set in. Children return to school after the holiday break and adults can be faced with struggling through the darker, colder, winter months to pay off holiday bills.

How can you manage these feelings as the holidays come to a close? Here are some suggestions:

- **Find support in others.** Confide in trusted friends and family members.
- **Exercise regularly.** A regular fitness plan can, not only, help to improve your physical appearance but can also help improve your mood and boost your self-esteem as well.
- **Eat Healthy.** Many of us are faced with the additional temptation of special foods during the holidays. Now it should be a little easier to stick to a nutritionally balanced diet. Avoid foods and environments that may encourage over-indulging. Also avoid alcohol, which is a depressant.
- **Get the right amount of sleep.** Experts recommend seven to eight hours each night. Resist the urge to oversleep and try to stay on a regular schedule.
- **Plan social activities.** Extend communication with friends and family throughout the entire year, not just during the holidays.
- **Make time for activities outdoors,** especially on bright, sunny days. During the winter, daylight hours are shorter. Make a point to step outside, even if only for a few minutes, during breaks.
- **Talk to a professional.** If the blues you're feeling lingers for several weeks and is interfering with your ability to enjoy life and function effectively, seek help.

Additional Information and Counseling Resources

Call us for the support that you need. 1-888-290-4EAP (TDD: 1800-697-0353) or go to www.GuidanceResources.com. Agency ID: FEDSOURCE

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